

Slips

Trips

Falls

# the Winter 3

**With winter comes the slippery stuff. . . the cold and ice and snow.**

- In parking lots
- On sidewalks
- On steps

**Slips in the winter are primarily caused by. . .**

- A slippery surface
- Wearing the wrong footwear
- Distraction

***Here is what you can do. . .***

## **CHANGE THE SURFACE!**

***Surfaces are often more slippery than you think!***

- **Spread sand and/or salt** on icy surfaces, on walkways, work areas, and steps.
- **Consider delaying the activity** until conditions improve, if the weather is particularly bad.
- **Keep steps and equipment clean and dry.** Take the time to clean off mud, ice, snow, and other debris.

## **CHANGE YOUR SHOES!**

***Wear shoes or boots with. . .***

- **Flat, low heels**
- **Slip-resistant soles** to reduce slipping hazards
- **Good tread** that helps to grip the surface

## **CHANGE YOUR WALK!**

- **Walk slowly and carefully.**
- **Avoid rapid changes in direction.**
- **Go where you are looking. . .** look where you are going.
- **Never carry materials which obstruct your view,** or throw you off balance. That means smaller loads and more trips.
- **Remove your sunglasses** in low-light areas.
- **Use handrails. . . ALWAYS!**



### More Resources:

- OSHA: Walking-Working Surfaces (Slips, Trips, and Falls) - <http://www.osha.gov/SLTC/smallbusiness/sec15.html>
- National Safety Council: Slips, Trips, and Falls - <http://www.nsc.org/mem/educ/slips.htm>

Special thanks to: ADBS: Slips, Trips, and Falls; JCNNM: Slips, Trips, and Falls